



Joint Replacement Surgery Patient Checklist

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With joint replacement surgery, the surgery itself is just one component of the whole process. In order for your surgery to be successful, there are things that you can and should do to be adequately prepared.

It is important to discuss with your family and friends your decision to have surgery and how they may be of assistance to you before, during, and after surgery. Things to consider and arrange are:

- I am aware discharge is 3-4 days after surgery. Discharge is by 11:00 AM
 - I have made arrangements for transportation in an appropriate vehicle to take me home and to my appointments ie. With your family physician, physiotherapist and surgeon
 - I have practiced car transfers so that I can follow the movement restrictions I may have after surgery
 - I have arranged for help at home following discharge ie. Assistance with grocery shopping, meal preparation, house cleaning, laundry, and general errands after surgery
 - If I am unable to manage at home, I have made arrangements for an alternate discharge destination ie. Convalescent or respite bed, relatives or friends home
 - I have arranged the following:
 - Crutches
 - Standard walker with no wheels
 - Raised toilet seat with arms or raised toilet seat with a versa frame
 - Commode chair
 - Tub transfer bench or shower chair
 - Long-handled sponge
 - Long-handled reacher
 - Long-handled shoe horn
 - Sock-aid
 - A chair higher than knee height with arm rests and a firm and level seat
 - Your bed should be higher than knee height
 - Other: _____
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